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homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

Wednesday, December 9, 1942

SUBJECT: "Grapefruit and Tangerines." Information from marketing officials of the U. S. Department of Agriculture.

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Winter is the season when citrus fruits hold sway on the fresh fruit counters at your grocery stores. This means that grapefruit and tangerines, both important members of the citrus fruit family, are there to fill your fresh fruit bill.

And fresh citrus fruits are leaders this year on the home food front. This year's production of tangerines is the largest in history, and the grapefruit crop is estimated at 17 percent more than last year. This makes a total of 45 million boxes of grapefruit. The average box contains about 75 grapefruit, and whether you take the trouble to multiply it out or not...that's quite a few squirts in the eyes of the American public this year.

The people at home, as well as the men on the fighting front, need to eat nutritious meals. And some foods can't be shipped to our armed forces or allies because they are too bulky or too perishable. When the production of such a food is fairly large, you homemakers must use it fresh or it will go to waste. Foods which are named as Victory Food Specials are in this class. Both grapefruit and tangerines are the Victory Food Special from December 3rd to 12th. Grapefruit is a nation-wide Victory Food Special. Tangerines are a Victory Food Special only east of the Mississippi river since the record crop expected has been slow to develop in other parts of the country.

And now a word about the nutritional value. Grapefruit is rich in vitamin C...the vitamin that helps build healthy tissues, bones and teeth. Tangerines also contain vitamin C but are richer in vitamin A.

So these fruits help supply your vitamin needs in fall and winter meals. And they have so much "appetite appeal". You probably can serve them for breakfast, lunch and dinner without your family tiring of them. They are good for the "snack" between meals too.

Because tangerines are so easy to peel and separate into sections just the right size for eating, they make the ideal fruit for the lunch boxes of war workers and children at school. They appeal to small tots especially because they are so handy to eat.

Grapefruit and tangerines are now so popular that it seems almost unbelievable they haven't always been on the list of everyday foods...but they haven't been, you know. Grapefruit came to this country from the West Indies with the strange name of pomelmoose. The people of Florida renamed it grapefruit since its fruit grew in clusters like grapes. But even though they changed its name, it was many years before its peculiar taste was changed enough to appeal to them. Horticulturists improved the fruit, developing a thinner skin, fewer seeds and better taste. At last grapefruit had the qualities to make it a "best seller." In the late 1930's grapefruit came into its own and now is a breakfast classic.

Tangerines are a variety of the mandarin orange. Popularly known as tangerines, and soon nicknamed the "kid-glove orange", they appeal to both young and old. Their ruddy color makes a fruit bowl very decorative.

When you go to buy tangerines, choose the firm bright colored ones. Buy your grapefruit by the feel. Good quality grapefruit is well-shaped, firm but springy to the touch. Thin-skinned grapefruit heavy for its size, contains the most juice. Disregard the russet marks on the fruit as they are only on the outside and do not affect the quality. Have the manner in which you are going to use your grapefruit in mind when you select them. Small ones are good for juice, and large ones are generally preferred when they are cut in half and served in individual portions.

Here are a few ways to use grapefruit. Grapefruit sections--just the juicy part of the section with the white covering off--are ideal in salad or dessert. If you like onions, try slices of white sweet onions and grapefruit together on lettuce or some other salad green, and use a dressing made of lemon juice, oil, a bit of salt. Very often you can use the juice that drips as you are cutting the grapefruit in place of lemon juice or vinegar in making the dressing for the salad. Grapefruit peel you can candy or "jelly," as you do orange peel. And you can use grapefruit to make delicious marmalade. The recipe for lovely amber marmalade calls for one grapefruit, one orange, and one lemon. You can use part sirup and part sugar in this recipe. One-fourth of the sweetening may be honey or clear corn sirup. Use a little less water than the recipe says when you use sirup, because sirup contains water.

For dessert many people like fresh grapefruit sections flavored with a little mint. Crush a few white mint candies in grapefruit juice. Then pour the sweetened mint-flavored juice over the chilled sections of the fruit.

Remember, grapefruit and tangerines, like every Victory Food Special are timely buys. They will give your family nutritious meals and will not deprive our armed forces and allies of food they need. Put grapefruit and tangerines on your shopping list while they're a Victory Food Special December 3rd to 12th.

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